Insert Recipe Name

High Performance Food

- Premium fuel for the Soldier Athlete
- Fresh and flavorful
- Nutrient Dense
- Go for *Green*: Choose frequently

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Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

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Insert Recipe Name

Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake

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